

TOWN OF NORTH READING
HEALTH DEPARTMENT
235 NORTH STREET
NORTH READING, MA 01864
(978) 357-5242 • (978) 664-1713 (FAX)

[HTTP://WWW.NORTHREADINGMA.GOV/HEALTH-DEPARTMENT](http://www.northreadingma.gov/health-department)

MICHAEL P. GILBERTO
TOWN ADMINISTRATOR

ROBERT F. BRACEY
DIRECTOR OF HEALTH

The Town of North Reading Health Department would like to advise all Town residents that the Arbovirus (Mosquito) season is upon us. The Health Department and the East Middlesex Mosquito Control Project believe that the upcoming Arbovirus (Mosquito) season has the potential to be a severe one. The Health Department strongly recommends the following precautionary measures and steps be taken by residents and their families can take this season to reduce the chance of infection:

Avoid Mosquito Bites:

Be Aware of Peak Mosquito Hours - The hours from dusk to dawn are peak biting times for many mosquitoes. Consider rescheduling outdoor activities that occur during evening or early morning. If you are outdoors at any time and notice mosquitoes around you, take steps to avoid being bitten by moving indoors, covering up and/or wearing repellent. Clothing Can Help reduce mosquito bites. Although it may be difficult to do when it's hot, wearing long-sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.

Apply Insect Repellent when you go outdoors: Use a repellent with DEET (N, N-diethyl-m-toluamide), permethrin, picaridin (KBR 3023), IR3535 or oil of lemon eucalyptus [p-methane 3, 8-diol (PMD)] according to the instructions on the product label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30 percent or less on older children. Oil of lemon eucalyptus should not be used on children under three years of age. Permethrin products are intended for use on items such as clothing, shoes, bed nets and camping gear and should not be applied to skin.

Mosquito-Proof Your Home:

Drain Standing Water – Many mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by either draining or getting rid of items that hold water. Check rain gutters and drains. Empty any unused flowerpots and wading pools, and change water in birdbaths frequently.
Install or Repair Screens - Some mosquitoes like to come indoors. Keep them outside by having tightly-fitting screens on all of your windows and doors.

For further information on this season's incidence of WNV, EEE, Zika or Ticks log onto the Massachusetts Department of Public Health website at:

<http://www.mass.gov/eohhs/gov/departments/dph/>

Or the US Centers for Disease Control and Prevention at <http://www.cdc.gov/EasternEquineEncephalitis/>.

Residents with questions about mosquitoes or how to control them can contact either Mr. Robert F. Bracey, Director of Public Health at the Town of North Reading Health Department 978-357-5242 or visit the Town Health Department web site at www.northreadingma.gov/health-department or the East Middlesex Mosquito Control Project at 781-893-5759 or at the Project web site at <https://sudbury.ma.us/emmcp/>.

TOWN OF NORTH READING
HEALTH DEPARTMENT
235 NORTH STREET
NORTH READING, MA 01864
(978) 357-5242 • (978) 664-1713 (FAX)

[HTTP://WWW.NORTHREADINGMA.GOV/HEALTH-DEPARTMENT](http://www.northreadingma.gov/health-department)

MICHAEL P. GILBERTO
TOWN ADMINISTRATOR

ROBERT F. BRACEY
DIRECTOR OF HEALTH